



RT DEALS

December 1–December 31, 2024



Kerrygold Butter
selected varieties
8 oz

\$5.49



Dr. Bronner's Organic Pure Castile Soap
selected varieties
5 oz

\$3.99

Sweet savings on holiday treats

Immaculate Organic Cinnamon Rolls



\$6.49

17.5 oz

Enjoy Life Foods Chocolate Chips
selected varieties



\$6.49

10 oz

Simple Mills Almond Flour Baking Mix
selected varieties



\$6.99

9–12.9 oz

Vital Farms Butter
selected varieties



\$3.99

8 oz

Lily's Chocolate Baking Chips
selected varieties



\$6.99

9 oz

Eternal Water



2/\$4

1 liter

Q Mixers Ginger Beer Can



\$3.99

4/7.5 oz

Bionaturae Olive Oil



\$16.99

25.4 oz

Traditional Medicinals Organic Tea
selected varieties



\$4.99

16 ct



Our updated packaging pays homage to our rich heritage. At Bionaturae, authentic Italian means more than food that comes from Italy. It's an attachment to traditions and quality. It's organic ingredients that represent the heart & soul of an Italian kitchen. Welcome to our big Italian table.



Bionaturae Organic Tomato Paste

2/\$5
7 oz



Bionaturae Organic Strained Tomatoes

24 oz

Ecos All Purpose Cleaner Parsley Plus

\$3.99

22 oz



Edward & Sons Bouillon Cubes

selected varieties

\$1.99

2.5-3.1 oz



DIVINA Dolmas Stuffed Grape Leaves

\$3.99

7 oz



EPIC Bone Broth
selected varieties

\$5.49

14 oz



Rao's Homemade Pasta Sauce
selected varieties

\$7.49

24 oz



Penne Rigate with Tomato Sauce

25 MIN • SERVES 4-6 • VEGETARIAN

INGREDIENTS

- 2 cups strained tomatoes
- 2 tablespoons extra virgin olive oil
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/2 cup fresh basil leaves
- 1 box of penne rigate
- Grated Parmigiano Reggiano

DIRECTIONS

- 1 In a medium saucepan, simmer the strained tomatoes, extra virgin olive oil, garlic, and salt for 15 minutes.
- 2 Turn off the heat and add basil.
- 3 Cook penne rigate according to package instructions, stirring frequently.
- 4 Drain and toss the pasta with the tomato sauce.
- 5 Serve with grated cheese.



Organic Valley
Organic Ghee

\$13.99

13 oz



Garden of Eatin'
Corn Tortilla Chips

selected varieties

\$2.99

5.5 oz



**Kettle
Potato Chips**
selected varieties

\$3.49

5 oz



Celebrate the season with Kettle Brand's Backyard BBQ kettle chips! Crafted from premium potatoes, these chips bring the smoky, spicy, tangy, and slightly sweet flavors of a BBQ right to your holiday gathering. Whether it's a cozy night in or a lively party, Kettle Brand chips are extra in the best way.

Angies
Sweet and Salty Kettle Corn

\$3.49

5 oz



Little Secrets
Crispy Wafers

selected varieties

\$1.99

1.4 oz



Miss Jones Baking Co
Organic Frosting

selected varieties

\$5.99

11.29 oz



At Hu, we obsessively vet every ingredient to unite indulgent moments with unmatched simplicity. We go beyond what is easy and expected to ensure that our products and practices are ethical and put both humanity and the human body first.



**Hu
Organic Chocolate Bar**
selected varieties

\$3.99

2.1 oz



Crunchy Crackers made with signature ingredients: brown rice, quinoa, flax, and sesame seeds. Great textures with toasty flavors. Gluten free, plant based, and organic.



Mary's Gone Crackers Organic Real Thin Crackers
selected varieties

\$3.99

5 oz



Mary's Gone Crackers Organic Crackers
selected varieties

\$4.49

6.5 oz

Choice Organic Teas Organic Tea
selected varieties

\$3.99

16 ct



San Pellegrino Sparkling Water

2/\$5

750 ml



Kicking Horse Coffee Organic Coffee
selected varieties

\$9.99

10 oz



Bubbies Kosher Dill Pickles
selected varieties

\$8.49

33 oz



Green Valley Creamery Organic Lactose Free Cream Cheese

\$3.99

8 oz



Miyoko's Organic Plant Milk Mozzarella



\$7.49

8 oz

Organic Valley Organic Ricotta Cheese

\$5.99

15 oz



Feel Good Foods Gluten Free Egg Rolls

\$7.49

9 oz



**Boiron
ColdCalm**



\$10⁹⁹

60 tab

**Oregon's Wild Harvest
Organic Milk Thistle Dandelion**



\$24⁹⁹

90 ct

**Everyone
3-in-1 Soap**
selected varieties



\$9⁹⁹

32 oz

**Aura Cacia
Peppermint Essential Oil**



\$6⁹⁹

0.5 oz

**Trace Minerals
Trace Mineral Drops**



\$39⁹⁹

8 oz

**Garden of Life
Dr. Formulated Magnesium with
Pre & Probiotics**



\$15⁹⁹

60 ct

**Andalou Naturals
Shampoo or Conditioner**
selected varieties



\$7⁹⁹

11.5 oz

**Weleda
Skin Food**



\$15⁹⁹

2.5 oz

**Himalaya
Complete Care Toothpaste**
selected varieties



\$5⁴⁹

5.29 oz

**Natural Factors
Stress Relax® Tranquil Sleep
Chewable**



\$22⁹⁹

60 tab

**DERMA E
Anti Wrinkle Renewal Cream**



\$14⁹⁹

4 oz

**Avalon Organics
Shampoo or Conditioner**
selected varieties



\$8⁹⁹

11 oz

**JASON
Vitamin E Skin Oil 5000 IU**



\$7⁹⁹

4 oz

Cinnamon Apple Chunk Cake

50 MIN • SERVES 8 • VEGETARIAN

INGREDIENTS

1 ½ cups flour
1 teaspoon ground cinnamon
½ teaspoon baking soda
½ teaspoon sea salt
½ cup cane sugar
½ cup almond oil
2 eggs
3 tablespoons buttermilk
1 cup chopped apples

Topping

½ teaspoon cinnamon
1 tablespoon cane sugar
½ cup powdered sugar
1–2 teaspoons milk

DIRECTIONS

- 1 Preheat oven to 350°F. Grease an 8-inch cast iron skillet and set aside.
- 2 In a small bowl, whisk together flour, cinnamon, baking soda, and sea salt.
- 3 In a medium bowl, combine sugar, oil, eggs until pale in color. Stir in buttermilk.
- 4 Add dry ingredients and mix until just combined. Fold in chopped apple and pour batter into prepared cast iron skillet. Combine remaining sugar and cinnamon and sprinkle on top of batter.
- 5 Bake 40–45 minutes or until a tester inserted in the center comes out clean.
- 6 Stir together powdered sugar and milk until smooth and drizzle over cooled cake.



Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

INFRA Deals are available at participating Independent Natural Food Retailers Association member store locations.

For more information and a complete listing, please visit www.naturalfoodretailers.com or scan this code.





RT VALUES

WHERE OUR VALUES MEET YOURS

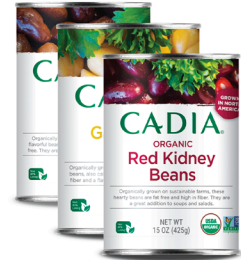
Change the way you shop at Rising Tide with our RT Values program. Sensational prices on essential high-quality, organic and certified non-GMO products you use every day!



\$2²⁹
ORGANIC BROTHS
32 oz



\$5⁴⁹
ORGANIC CHIA SEEDS
12 oz



\$1²⁹
ORGANIC BEANS
16 oz



\$12⁹⁹
ORGANIC ALMOND BUTTER
16 oz



\$5⁹⁹
ORGANIC PEANUT BUTTER
16 oz



\$6⁹⁹
ORGANIC WILDFLOWER HONEY
16 oz



\$4⁴⁹
ORGANIC JELLY & PRESERVES
13 oz



\$8⁹⁹
ORGANIC CHICKEN NUGGETS
20 oz



\$3⁹⁹
ORGANIC FROZEN VEGETABLES
16 oz



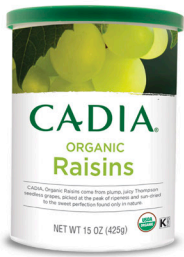
starting at
\$5²⁹
ORGANIC RICE
32 oz



\$6⁴⁹
ORGANIC UNREFINED COCONUT OIL
14 oz



starting at
\$2⁴⁹
ORGANIC CONDIMENTS
8-24 oz



\$5⁷⁹
ORGANIC
RAISINS
 16 oz



\$3⁴⁹
ORGANIC
PASTA SAUCES
 25 oz



\$2⁷⁹
ORGANIC
CANNED
TOMATOES
 28 oz



\$1⁷⁹
ORGANIC
CANNED
TOMATOES
 14.5 oz



\$1²⁹
ORGANIC
TOMATO PASTE
 6 oz



\$1⁷⁹
ORGANIC
TOMATO SAUCE
 15 oz



\$9⁴⁹
ORGANIC
MEDITERRANEAN
EXTRA VIRGIN
OLIVE OIL
 500 ml



\$1⁹⁹
ORGANIC
PASTAS
 16 oz



\$7⁹⁹
ORGANIC
VANILLA
EXTRACT
 2 oz



\$3⁹⁹
LIQUID DISH
SOAP
 25 oz



\$7²⁹
FABRIC
SOFTENER
 50 oz



\$11⁹⁹
LAUNDRY
DETERGENT
 100 oz



\$2¹⁹
PAPER TOWEL
 1 roll



\$1⁵⁹
FACIAL TISSUE
 1 box



\$8⁹⁹
BATH TISSUE
 12 pack

...AND MANY MORE!